

Mental Health First Aid

#peaceofmind

Around 10 million

people will experience a mental health issue each year in the UK.

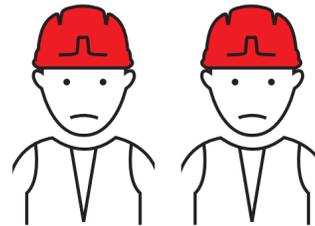


57% of employees



have experienced mental health issues at work but less than half of that group felt confident to talk about it.

Every working day two construction workers



take their own lives



X3

more likely

Male site workers in construction are three times more likely to die by suicide than the average for UK men.

What triggers mental ill health?

We all have mental health just as we all have physical health, which can change throughout our lives. Mental ill health can sometimes be triggered by life changes which we are struggling to cope with, or being under too much stress for too long.



Examples of triggers:

- Bereavement
- Relationship breakdown
- Health scares or illness
- Money worries
- Starting a new job
- Increased workload
- Poor relationships at work
- Fear of redundancy

How to tell if someone may need support

Recognising that help may be needed is a key step in the road to recovery. Signs of a mental health issue often include changes to behaviour and personal appearance.

Behavioural signs:

- Loss of humour
- Irritability
- Forgetfulness
- Being withdrawn
- Erratic behaviour
- Aggression
- Tearfulness
- Inability to concentrate
- Indecisiveness

Physical signs:

- A change in weight
- Lack of care over appearance
- Being tired and run down
- Lots of minor illnesses
- Frequent headaches or stomach upsets

Other indicators at work may include:

- A change in punctuality
- Increased sickness absence
- Working too many hours
- Making mistakes or forgetting tasks



What to do if you suspect you or a colleague may need support

- If you are worried about someone, talk to them, ask how they are – and really listen.

- Contact Samaritans for free, confidential support 24/7: call 116 123 or visit: samaritans.org

For tips on having the conversation visit: mhfaengland.org/mhfa-centre/resources/take-10-together/

CALL 999 IN AN EMERGENCY

Contact your Mental Health First Aider; they're trained to listen without judgement and can help you access support to recover.



For further help and advice contact your mental health first aider who is:

Name:

Email:

Mobile:

Visit: www.mhfaengland.org for lots of information and resources